

Spiritual Exercises of St. Ignatius in Daily Life



RETREAT APPLICATION: 2025-2026

Application Deadline: *July 31, 2025*

All responses will be kept confidential.



Name: _____

Mailing Address: _____

Preferred Phone Number: _____

Email Address: _____

How do you prefer to be contacted? _____

What church or parish do you belong to/attend? _____

Are you applying for the in-person (in San Pedro, CA) or virtual Retreat? (Please choose ONE):

☐ In-Person ☐ Virtual

Do you prefer in-person or virtual weekly individual meetings with your facilitator?

☐ In-Person ☐ Virtual ☐ Either

1. What types of retreats have you been on in the past?

☐ 30-day Spiritual Exercises: Year(s): _____

☐ 19th Annotation: Year(s): _____

☐ Week-long silent, directed

☐ Week-long preached

☐ Weekend silent and/or directed

☐ Weekend preached

☐ Other: _____

2. What has been most meaningful about your retreat experiences?

3. What prayer forms are you currently using?

☐

Rosary

☐

Divine Office (Morning and Evening Prayer)

☐

Centering Prayer

☐

Lectio Divina

☐

Ignatian Prayer

☐

Other: _____

4. How often do you currently pray?

☐

at least one hour daily

☐

at least 15-30 minutes daily

☐

several times per week

☐

several times per month

5. Are you currently in ongoing spiritual direction?

☐

Yes

☐

No

6. How long have you been receiving spiritual direction? _____

7. If you are NOT currently in spiritual direction, have you been in spiritual direction before?

☐

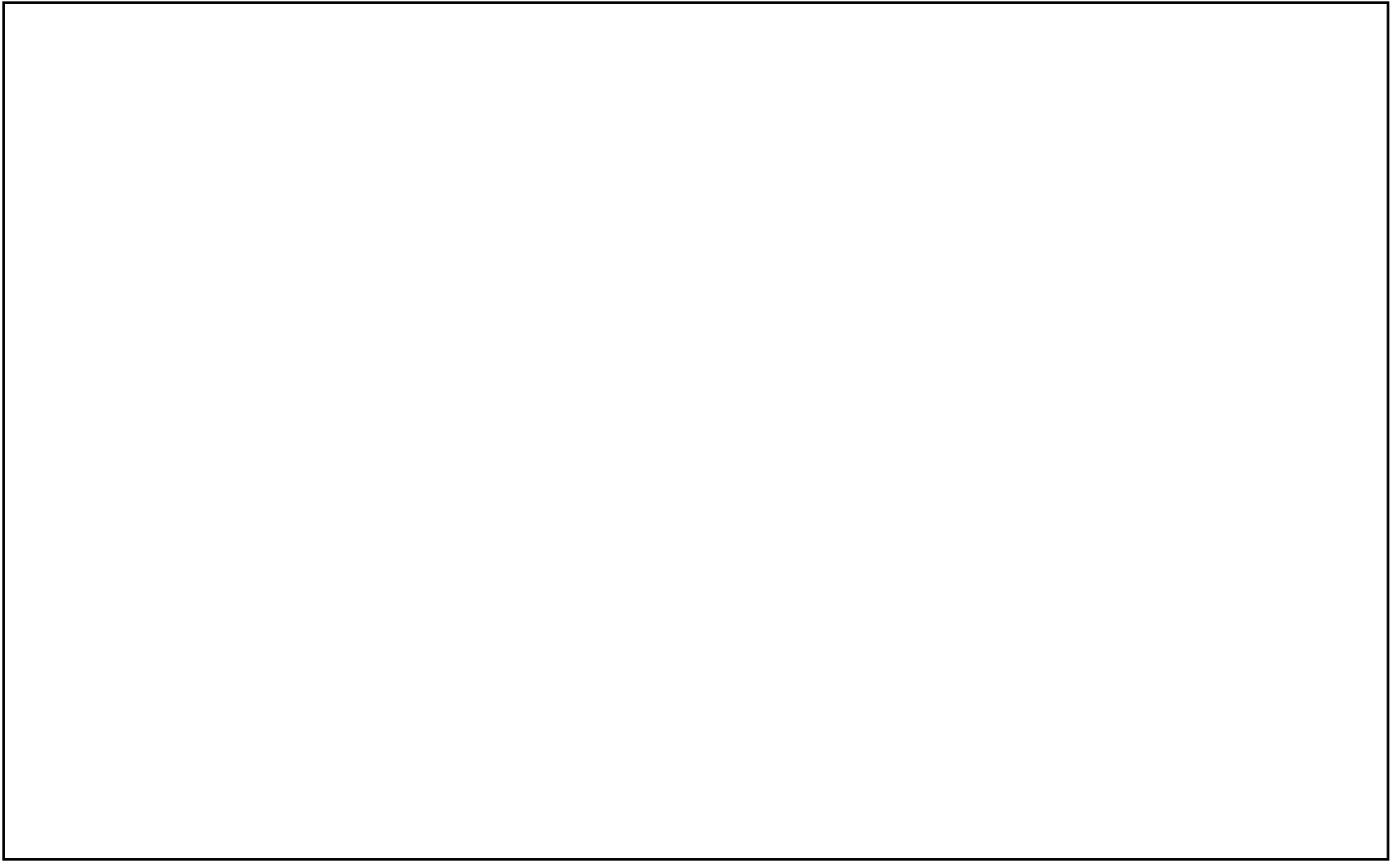
Yes

☐

No

8. If yes, when and for how long were you in that spiritual direction relationship?

9. How has spiritual direction been helpful to you?



10. Are you involved in any ministries? Please Describe.



11. What is prompting you to want to make the Exercises at this particular time in your life? What are you hoping for from the Exercises?

12. The commitment for the Retreat in Daily Life consists of a total of 60-75 minutes of prayer and 15-30 minutes of journaling each day, a weekly face-to-face meeting with a retreat director, and attendance at a one-day commuter or virtual retreat, a faith sharing conference every 5-6 weeks (please see dates), and a half-day ending retreat. Are there any circumstances that may interfere with you making and keeping this commitment (e.g., work, travel, children/grandchildren, caregiving, physical/medical conditions, etc.)?

☐ Yes ☐ No

If yes, please explain:

13. Are you currently or have you been in psychotherapy? When, for how long, reason and was/is it helpful?

14. Please submit two (2) letters of recommendation from people who know you and your spiritual journey well. (Letters may be sent directly or emailed to the address below.)

Recommendation #1: (Name and email address/phone number)

Recommendation #2 (Name and email address/phone number)

Please complete and return application to:

Tammy Ichinotsubo-Ezzi
Enkindling the Heart
3655 Torrance Blvd., Ste 328
Torrance, CA 90503

or return by secure email to: tammyiezzi@enkindlingtheheart.com

or drop if off at Holy Trinity's Parish Office 209 N. Hanford Avenue, San Pedro, CA 90732 in a sealed envelope.

You will be contacted to schedule a one-hour discernment interview after your application is received.

Additional information can be found on our website: www.enkindlingtheheart.com

If you have any questions or concerns contact us at tammyiezzi@enkindlingtheheart.com

or call (424) 305-0607.

